



CITY OF SAN ANTONIO

Department of Community Initiatives

Dennis Campa, Director

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SENIOR SAVVY

THE BOB ROSS SENIOR MULTI-SERVICE HEALTH & RESOURCE CENTER

FROM THE ADMINISTRATOR

BY PETE MCKINNON



April is National Financial Literacy Month. This month, I'd like to share information from Direct Express/Go Direct advisers.

Financial fitness is an important aspect of a person's overall well-being. For senior citizens, people with disabilities and others who receive federal benefits by paper check, switching to electronic payments is a simple but important step toward getting in shape financially.

Electronic payments eliminate the risk of lost or stolen checks and help people gain more control over their money.

The Truth about Electronic Payments: Myths vs. Facts

Electronic payments of federal benefits are safer and easier than paper checks. Below, common misconceptions are set straight. The U.S. Department of the Treasury wants you to know:

MYTH: Receiving federal benefit payments by check gives you more control over your money because you can cash or deposit it when it's convenient for you.

FACT: You have more control with electronic payments. Your money goes straight into your bank account or is posted to your **Direct Express**® MasterCard® card account at the same time each month, so your check doesn't rule your schedule. Electronic payments also eliminate the risk of lost or stolen checks.

MYTH: Switching from checks to electronic payments is time-consuming and a hassle.

FACT: Signing up is fast and easy. To sign up for direct deposit, call Treasury's toll-free **Go Direct**® campaign helpline at (800) 333-1795, go online to www.GoDirect.org, or visit your local bank or credit union. To sign up for the Treasury-recommended **Direct Express**® card, call toll-free at (877) 212-9991, sign up online at www.USDirectExpress.com or

visit your local Social Security office.

MYTH: If you use electronic payments you won't know when your money is in your savings or checking account, or posted to your **Direct Express** card account.
FACT: Paper checks can get delayed, lost or stolen, but with electronic payments your money is always on time, every time. You can be sure your money is in your account by the opening bank hours on payment day.

MYTH: Electronic payments are not trustworthy.

FACT: Electronic payments are safer than paper checks. In 2007, 700,000 Social Security and SSI checks were reported lost or stolen. Electronic payments eliminate the risk of lost or stolen checks and give you access to your money on payment day each month.

CASE MANAGEMENT

Center for Working Families Division casework unit would like to provide information to seniors regarding our new Senior and Permanently Disabled Initiative for 2009-2010. Seniors and persons with permanent disabilities who were qualified last year and received assistance with their CPS Energy bill

in 2008 will not be required to come for an appointment with a caseworker, if that is the only service that is being requested by client. Person seeking CPS Energy assistance in 2009 will be screened by the call center. If no changes have occurred in the number of persons living in the household and there are

only minor changes to income, the client automatically will be provided the assistance for their CPS Energy bill.

For more information and assistance on this new Initiative, please contact Richard Guzman, here at Bob Ross Center 207-5302 or contact our call center at 207-7830.

NUTRITION

We had a great time at the Mardi Gras Festival. It was a huge success. I would like to thank our King and Queen, Samuel and Gloria Martinez, for representing the Bob Ross Center in fine fashion.

This month is going to be exciting. On April 20th, all City-sponsored Senior Nutrition Centers will be closed for the Annual Day at the Zoo/Botanical Gardens. Shuttle service will be available for those interested in

visiting the Botanical Gardens. We will enjoy a picnic!

On Wednesday the 29th, the Proclamation for Older American's Month, "Living Today for a Better Tomorrow," will be read at 9:00AM in City Council Chambers at Municipal Plaza.

If you are interested in signing up for either of these events or you would like more information, please inquire with the Nutrition Section.

Beginning this month, on the second Thursday of each month (Commodity Day) we will begin serving lunch at 11:00a.m. Commodity distribution will be from 11:45a.m. thru 2:00p.m. If you cannot make it this day we will give out commodities the next day from 9:00a.m.thru 11:00a.m.

A friend may pick up your commodities; however, they must have a written letter from you giving them permission.

GET READY FOR FIESTA !!!



Fiesta really is one of America's truly great festivals. It began as a way to honor the memory of the heroes of the Alamo and the Battle of San Jacinto. That commemoration still takes place. But over the past century and more, Fiesta has grown into a celebration of San Antonio's rich and diverse cultures. 2009 marks Fiesta's 118th anniversary.

Fiesta San Antonio Commission Celebrates it's 50th Anniversary
Since 1959 the Fiesta® San

Antonio Commission, led by a volunteer board that includes community leaders and representatives from its nonprofit member organizations, has made it happen! In fact, the commission coordinates the Fiesta planning activities of 100 local nonprofit organizations and the more than 75,000 volunteers it takes to make Fiesta San Antonio a real Texas-sized festival!

Let's Go !

Fiesta San Antonio 2009 runs from Thursday, April 16th thru Sunday, April 26th. There is something for everyone. San

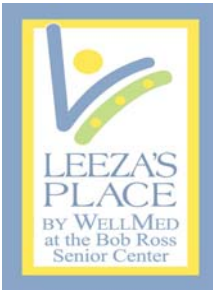
Antonio knows how to throw a party! Check this out.

- ⇒ 11 days
- ⇒ 107 events
- ⇒ 100 local nonprofit member organizations
- ⇒ Up to 3.5 million attending
- ⇒ \$284 million economic impact

For more information regarding Fiesta San Antonio and schedule of events visit www.fiesta-sa.org.



LEEZA'S PLACE



Leeza's Place by WellMed @ the Bob Ross Senior Center always has a reason to celebrate the efforts of our Caregivers and loved ones. We have officially been opened for six months and many things have happened at our Leeza's Place. We have met new people; many stories shared; our community partners and endless list of events. Thank you for your support during our event at Newforest Estates, "Celebrating our Caregivers".



Last month as part of a community project, four dental hygiene students from the University of Texas Health Science Center at San Antonio met with 15 seniors to discuss dental disease and proper oral health care. The main emphasis of the community project was to inform seniors on the importance of taking care of natural teeth, and prosthesis, as people age.

The dental students met with seniors on three separate visits during February and March. On the first visit, seniors completed a pre-test to survey their knowledge of various dental topics. The second visit offered information on oral health care, gingivitis, and periodontitis. A Power-point presentation provided information on how to properly care for

On March 26th, Dr. Jaime Huysman, PhD, Executive Director, Leeza Gibbons Memory Foundation, presented "Compassion Fatigue" empow-



ering all caregivers in the professional community and those caring for loved ones at home. The reality of caring and delivering services to the community is

that we all experience the same compassion fatigue.

One of the ten commandments of Caregiving is "Do not take anything Personally. Taking things personally is about self-importance." A famous author once said, "Nothing other people do is because of you. It is because of themselves." We react to words that may touch upon wounds still open and has nothing to do with our loved ones.

Many more events are scheduled this month, May and throughout summer. Please join us for these caregiving events.

prosthesis and the effect of medication on the oral activity. On the last visit, a variety of the oral-physiotherapy OPT aids were passed around and the students demonstrated proper



care for seniors to continue at home. There were many OPT aids available to take home and try out! The seniors were given a post-test at the end of the three sessions. The post test scores were significantly higher than the pre-test. The informa-

tion in the Power-point presentation proved to be beneficial to the attendees.

At the end of the sessions, a drawing was held for all participants. The grand prize was an electric toothbrush. A variety of other goodies were given away as well!

The students were excited that the Bob Ross was able to host them. They thoroughly enjoyed their interaction with participants. They hope for an even a bigger crowd, next year when the incoming seniors at UTHSCSA take on this and other community projects.

The dental school can be reached at 567-3217; dental hygiene at 567-0067. The students have already seen a few familiar faces in the hygiene clinic. We encourage all to take advantage of their services.

THE BOB ROSS SENIOR MULTI-SERVICE HEALTH & RESOURCE

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Mark Your Calendar:

- ⇒ March 27th, 2009 — 60+ Mardi Gras Celebration & Festival
- ⇒ April 20, 2009 — San Antonio Zoo / Botanical Gardens
- ⇒ April 29, 2009 — Older American Month Proclamation at City Council Chambers
- ⇒ May 2009 — Older Americans Month
- ⇒ May 15th, 2009 — Senior Jamaica at Rosedale Park

This months newsletter courtesy of:



April is National Pet Month



"Animals are such agreeable friends - they ask no questions, they pass no criticisms. " ~ George Elliot

You are invited to a free showing of the movie

"The Beverly Hills Chihuahua"



April 29, 2009 @ 3 pm

Bob Ross Center, Room 142

2219 Babcock Road in the Medical Center



Free refreshments - great door prizes!

Sponsored by:

Dr. Sarah Dirks

Ultravision

Sunshine for Seniors



Access Quality Therapy Services & Home Health

Karen Fulghum, REMAX Realtor